

# Healthy Relationships & Sexual Health



The Parkway Middle School Health Education Curriculum includes the Healthy Relationships and Sexual Health Unit. Parkway understands that educating children about a child's health is a collaborative effort between schools, families, and health professionals. We value the parent's role in helping their child weigh their family values and beliefs in making decisions regarding their sexual health.

For curriculum and lesson details visit the Parkway Information website at <https://www.parkwayschools.net/Page/3329>

## Overview of 6th Grade

Lesson Focus	Lesson Overview
<b>Changes During the Teen Years</b>	In this lesson, students will review information about the physical, mental/emotional, and social changes occurring with pre-teens during the stage of puberty. Class discussions and learning activities will help students develop an awareness of the role hormones, such as testosterone and estrogen, play in the development of the reproductive system and the physical and emotional changes that are caused.
<b>The Human Reproductive System</b>	This lesson teaches students about the male and female reproductive system. Class discussions and learning activities will continue to develop student awareness of their body, in particular the internal and external organs of the reproductive system, and ways to care for and protect it.
<b>Communication Skills</b>	In this lesson, students will learn about the importance of good communication in maintaining healthful relationships with peers and family. Class discussions and learning activities will allow students to explore various ways to communicate effectively through speaking, listening, and writing. Students will practice using "I-statements" and develop their communication skills in order to promote health behaviors and reduce health risk factors.
<b>Healthful Peer &amp; Family Relationships</b>	In this lesson, students will explore characteristics and qualities that make up a healthful peer and family relationship. Class discussions and learning activities will allow students to understand the importance of friends, peers, and family members to the overall health of a person and supporting good health behaviors.
<b>Bullying &amp; Peer Pressure</b>	In this lesson, students are introduced to bullying and harassment. Class discussions and learning activities will cover bullying and discriminatory harassment laws and school policies. Students will learn about the difference between an "Upstander" and "Bystander", as well as learn skills for responding healthfully to bullying and harassment behaviors. Students will also be introduced to "Cyberbullying" and ways to protect themselves online.

***Please contact your school's health education teacher for dates of lessons.***

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## Classroom Video List

<b>“The High, Lows, and In-Betweens of Puberty,”</b> Human Relations Media.	This video helps students understand that their changing emotions may be confusing and intense, but are absolutely normal. Viewers examine the many elements of emotional growth in puberty; what causes mood swings; the role of hormones in how you feel; the need for extra sleep; how new responsibilities can create stress at home and at school; the impact of new friendships, including romantic crushes; and the desire to fit in with peers. <a href="#">Click here</a> to view trailer.
<b>“We’re Growing Up”,</b> Marsh Media	This reassuring program presents facts about puberty in a context of self-respect and self-confidence. <i>We’re Growing Up!</i> is designed for a combined audience of boys and girls. The narrator talks comfortably and matter-of-factly about human growth patterns (starting with a baby’s rapid growth in the womb) and moves quickly through to the subject at hand — adolescence. A review of male and female anatomy and sexual development and an emphasis on responsible choices will be starting points for classroom discussion. <a href="#">Click here</a> for a preview of the video.
<b>“Standing Tall: Learning Assertive Skills,”</b> Human Relations Media.	This video sheds light on the issue of teasing, bullying and peer pressure and helps guide middle school students on the challenging road toward learning to speak up for themselves and others. Conflict resolution expert Naomi Drew offers practical tips that students can use in developing assertiveness and standing up for themselves. A group of middle school students inspires kids with moving accounts of how they conquered their fears and stood up to the class bully. <a href="#">Click here</a> to view trailer.
<b>“Gum in My Hair” by</b> Twisted Scholar	This video tackles the age-old problem of bullying in schools. It is energetic, entertaining, and—most importantly—effective. The video incorporates new research that emphasizes: 1) The role of the bystander in fueling of defusing a bullying incident; 2) Empathy, and how teaching it can prevent bullying in the hallways; 3) Why it’s important to focus on “bullying” rather than just the bully; and 4) The fact that having one or two friends or allies significantly reduces a child’s chances of being bullied.
<b>“Bullying Bystanders”:</b> You Can Make A Difference	This video offers the empowering message that the most effective way to deal with bullying is through the efforts of those who witness it. Real teens share their stories and experts advise teens how they can be more proactive without putting themselves at risk. Viewers learn that respecting others and taking a united stand against all sorts of harassment can contribute greatly by setting the tone for their peers and refusing to accept hostile behaviors. <a href="#">Click here</a> to view the trailer.

***Please contact your school’s health education teacher to schedule a time to preview of videos.***

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## Classroom Video List

<b>"Menstruation", TeensHealth, Nemours</b>	Short video that explains the process of menstruation. <a href="#">Click here</a> to view the video.
<b>"Teens Talk About Life— Family" TeensHealth, Nemours</b>	In this video, teens talk about living with parents and siblings. They share things the argue about and how they get along. <a href="#">Click here</a> , then click on the Family video to view.
<b>"Stop Bullying: Speak Up", Cartoon Network</b>	In this video, President Barack Obama speaks to bullying being wrong and destructive. He states everyone has to take action against bullying and has an obligation to make our schools and communities safe for all kids. By working together we can make a difference. Youth share their stories and emotions about being bullied and how it affected them. Ways to take control and succeed in dealing with bullying are shared. It discusses the importance of standing up for those being bullied. The video refers to national efforts to stop bullying and shares resources for anti-bullying. <a href="#">Click here</a> to view the video.
<b>"What is Cyberbullying", Federal Trade Com- mission (stopbullying.gov)</b>	This video defines cyberbullying and provides examples. It speaks to the consequences of those committing the act of cyberbullying as well as the effects on those being bullied. Strategies to deal with cyberbully attacks are shared. The video emphasizes thinking before clicking. <a href="#">Click here</a> to view the video.
<b>"Teens Talk About Bully- ing" TeensHealth, Nemours</b>	In this video, teens talk about their experiences with bullying. <a href="#">Click here</a> to view the video.

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## Recommended Resources

### RECOMMENDED PARENT RESOURCES

- ♦ [“Sex, Kids Questions and Parent Answers”](#) - National Physicians Center, 2005
- ♦ [“Getting Accurate Information on Sexuality and Sexual Risk Reduction”](#)
- ♦ Stopbullying.gov—[www.stopbullying.gov](http://www.stopbullying.gov)
- ♦ safesurfingkids.com- [Safe Internet Surfing](#)

### RECOMMENDED STUDENT RESOURCES

- ♦ Stopbullying.gov—[www.stopbullying.gov](http://www.stopbullying.gov)